



# HealthQuest Wellness Champion Network Monthly Webinar

Thursday, June 12 at 11:00-11:45am

Toll-free call in number: 1-800-391-9177

Conference Code: 399 756 1793#

Sign in with full name of all attendees

Press \*6 to mute/unmute your line or

Mute your personal line

Please check the volume on your phone

## Agenda

- ☐ Welcome New Champions!
- ☐ 10 Vital Behaviors of a Self Leader #6 (Jack Bastable, CBIZ)
- ☐ Health Promotion Idea: Recess
- ☐ June: Men's Health Month + National Safety Month
- ☐ Summer Plans

## Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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#5 A Self- Leader Has a Financial Plan,  
Regardless of Income or Age

## Champion Sharing:

**#5** A Self- Leader Has a Financial Plan, Regardless of Income or Age

- ☐ Melinda Holman
- ☐ Katy Oestman
- ☐ Jana Clark
- ☐ Blanche Wulfekoetter

### **Resources:**

**ComPsych EAP** [www.guidanceresources.com](http://www.guidanceresources.com)

**Dave Ramsey** <http://www.daveramsey.com/home/>

**LearnVest** <https://www.learnvest.com/>

**Good Moneying** <http://goodmoneying.com/financial-planning/are-you-working-towards-your-financial-freedom#sthash.U0cuQnc8.dpbs>



**#6** Self-Leaders engage in intentional, meaningful relationships at work and at home

## **#6 Self-Leaders engage in intentional, meaningful relationships at work and at home**

- ❑ The best things happen at the intersection of two people
- ❑ The emotions of our friends affect us, and our emotions affect those around us
- ❑ Social connections influence our behaviors, habits and health – positively and negatively

### **Resource:**

Emotional Intelligence 2.0, Tom Rath



### Recess:

*Temporary cessation from the usual work or activity*

Inspired by an employee event shared by the Shawnee County Health Agency, the concept of “adult recess” can **boost employee morale** and create feelings of togetherness and wellbeing. **Fun, games** and **social interaction** provide a *mental and physical break* just as we might remember from recess as kids.

## “Recess” Round-Up

- <http://www.instantrecess.com/>
- <https://www.themuse.com/advice/adult-recess-and-11-other-office-traditions-we-love>
- <http://minnesotabusiness.com/adult-recess-downtown>
- <http://www.justsoyouknow.org/blblog/abdk/3562-recess-at-work-day>
- <http://www.keenfootwear.com/us/en/recess/>
- <http://www.forbes.com/sites/onmarketing/2012/10/01/message-to-brands-give-americans-a-break/>



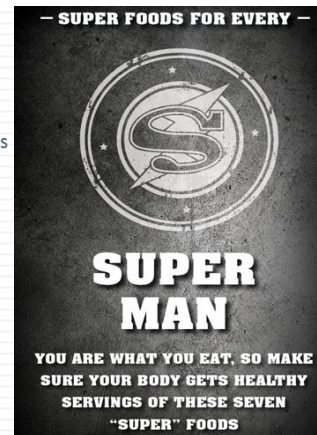
## June is Men's Health Month

<http://www.menshealthmonth.org/>

Promotion Ideas:

- Wear Blue Event
- Check the link for available Posters and Flyers
- Use the toolkit of suggestions on the website
- Use the HealthQuest flyer →

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.



## June is National Safety Month

<http://healthfinder.gov/NHO/JuneToolkit2.aspx#getinvolved>

[http://www.nsc.org/nsc\\_events/Nat\\_Safe\\_Month/Pages/home.aspx](http://www.nsc.org/nsc_events/Nat_Safe_Month/Pages/home.aspx)

Promotion Topics:

- Injury Prevention
- Summer safety – fireworks, water, sun
- Driver safety
- Emergency preparedness







What are you looking forward to this summer?

**Tell us your plans! We'd love to hear from everyone and share in the excitement of fun activities or time with family/friends.**

Feel free to post photos/updates of your activities on Facebook or Twitter and mention or tag #HealthQuest or #HQWellnessChampionNetwork!

## Wellness Champion Roster

- ☐ It's posted!
- ☐ Please email [Marissa.Kalkman@alere.com](mailto:Marissa.Kalkman@alere.com) with changes/corrections to your information
- ☐ We hope this provides you with an opportunity to network and share ideas with other champions.

## Reminder to Share!



- ☐ Complete your required Health Assessment Questionnaire (worth 10 credits)
- ☐ Earn 20 additional credits (for a total of 30)

## Thank You for Attending Today!

- ☐ Next Meeting is Thursday, July 10 at 11:00-11:45am
- ☐ Secret Question: What is one meaningful social connection that you will have today?
- ☐ Open Questions / Comments